

Epi Update for Friday, March 22, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Multiple ongoing mumps outbreaks around U.S.**
- **Updated travel guidance for Zika virus**
- ***Save Your Brain* dementia pilot**
- **In the news: Temple mumps outbreak swells to 74 likely cases**
- **In the news: How smallpox devastated the Aztecs – and helped Spain conquer an American civilization 500 years ago**
- **In the news: Dormant viruses activate during spaceflight**
- **Infographic: When the power goes out, keep your generator outside**
- **Meeting announcements and training opportunities**

Multiple ongoing mumps outbreaks around U.S.

Mumps has been making headlines around the U.S. recently, with outbreaks identified in settings such as universities and detention facilities. Several mumps cases are reported each year in Iowa. Although there has been no recent increase in mumps cases in Iowa, health care providers should always remain vigilant. Just two years ago Iowa experienced a large statewide mumps outbreak, with hundreds of reported cases primarily linked to universities.

Symptoms of mumps include swollen salivary glands, respiratory symptoms, sore throat, fever and malaise. IDPH recommends testing by both serology for IgM antibodies and by RT-PCR using a buccal swab specimen. These tests are more likely to be positive at different stages of the disease.

SHL and various clinical laboratories can perform mumps testing. If you would like to test at SHL, call 319-335-4500 or visit www.shl.uiowa.edu/testmenu/clinicaltestmenu.xml and scroll to mumps PCR and mumps IgM for forms and detailed collection instructions.

For more information about mumps, visit idph.iowa.gov/cade/disease-information/mumps.

Updated travel guidance for Zika virus

On February 28, CDC updated the Zika travel recommendations for pregnant women and couples trying to become pregnant. CDC now recommends pregnant women and couples trying to become pregnant within the next 3 months who are traveling to areas reporting past or current Zika transmission (but no current confirmed recent outbreak) work with their health care providers to carefully consider the risks and possible consequences of travel to areas with risk of Zika. Previous guidance recommended that pregnant women should not travel to areas with risk of Zika. CDC continues to recommend that pregnant women avoid travel to any area with a current Zika outbreak.

CDC updated their interactive world map of areas with Zika where users can search for location-specific Zika information and recommendations. To view the map, visit wwwnc.cdc.gov/travel/page/zika-travel-information.

Save Your Brain dementia pilot

Alzheimer's disease is the sixth leading cause of death in Iowa, and cognitive decline and dementia are often contributing factors in other deaths. IDPH encourages health organizations, community groups and individuals use an online quiz, *Save Your Brain*, to help older Iowans determine their risk for cognitive decline and what steps to take to reduce that risk.

To access the quiz, visit idph.iowa.gov/save-your-brain.

Additionally, IDPH is co-sponsoring a pilot program to determine how to better assist and support adults interested in decreasing their risk for dementia. The program is only in Des Moines this spring, but more classes are planned for the fall. The program consists of 10 weeks of one hour courses, individual fitness and nutrition counseling and a wellness coach for the period of the class. Participants in the program must be:

- 60 years of age or older
- Willing to spend at least one hour per week at class
- In relatively good health with no serious medical problems or dementia
- A YMCA member or willing to become one

For more information about the pilot program, contact Dr. Patricia Quinlisk at Patricia.Quinlisk@outlook.com.

In the news: Temple mumps outbreak swells to 74 likely cases

www.apnews.com/4e8766d655704a05b0cc1ed9bd582835

In the news: How smallpox devastated the Aztecs – and helped Spain conquer an American civilization 500 years ago

www.pbs.org/newshour/science/how-smallpox-devastated-the-aztecs-and-helped-spain-conquer-an-american-civilization-500-years-ago

In the news: Dormant viruses activate during spaceflight

www.sciencedaily.com/releases/2019/03/190316162211.htm

Infographic: When the power goes out, keep your generator outside

**WHEN THE POWER GOES OUT,
KEEP YOUR GENERATOR OUTSIDE**

Portable back-up generators produce the poison gas carbon monoxide (CO). CO is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Follow these steps to keep your family safe.

PORTABLE GENERATORS

- ✓ Never use a generator inside your home or garage, even if doors and windows are open.
- ✓ Only use generators outside, more than 20 feet away from your home, doors, and windows.

CO DETECTORS

- ✓ Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- ✓ Check CO detectors regularly to be sure they are functioning properly.

**CARBON MONOXIDE (CO)
POISONING**

CAN'T BE SEEN

CAN'T BE SMELLED

CAN'T BE HEARD

CAN BE STOPPED

To view in full size, visit www.cdc.gov/co/pdfs/Generators.pdf.

Meeting announcements and training opportunities

The *2019 Iowa Infection Prevention and Control Conference* will take place on Tuesday, May 7 and Wednesday, May 8 at the Cedar Rapids Marriott. For more information and to register, visit centerforconferences.uiowa.edu/iowa-infection-prevention-and-control.

Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

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